

# YOU WIN!

DID YOU KNOW THAT REGULAR  
PHYSICAL ACTIVITY CAN PREVENT . . .

- Heart disease
- Some cancers
- Some diabetes
- Weakening of the bones
- Other long-term diseases

*Physical activity can also  
slow down the aging process!*

DID YOU KNOW REGULAR PHYSICAL  
ACTIVITY HELPS . . .

- Control your weight
- Lower blood cholesterol
- Raise your energy level
- Decrease stress
- Reduce blood pressure
- Improve sleep
- Improve digestion
- Lessen depression
- Improve flexibility & balance
- Enhance your job performance

## REMEMBER...IT'S YOUR MOVE!

# It's Your Move...

Get active &  
**STAY Heal thy!**



For more information, contact  
California Department of Health Services,  
ON THE MOVE!  
P.O. Box 942732, MS 675  
Sacramento, CA 94234-7320  
916/322-6854 • Fax 916/324-7763

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A Program of the California  
Department of Health Services

## GET READY...



1

### BEFORE STARTING...

Consult your doctor if you are:

- a healthy woman over 50,
- a healthy man over 40,
- or if you have heart disease, high blood pressure, diabetes, high cholesterol, are a smoker, or if you are obese.

*Everyone else let's go...*

2

START INCREASING YOUR ACTIVITY SLOWLY AND KEEP ADDING ON!

3

WORK UP TO 30 MINUTES OF PHYSICAL ACTIVITY EACH DAY. YOU CAN BREAK UP THE 30 MINUTES INTO THREE 10 MINUTE SESSIONS.

4

REMEMBER SOME ACTIVITY IS BETTER THAN NONE!

## GET SET...

5

PHYSICAL ACTIVITY DOES NOT HAVE TO BE HARD.

- There's no need to huff & puff...just keep moving.
- Physical activity should not cause pain!

6

TO AVOID INJURY...

- Warm up and cool down.
- Stretch before exercising.
- Wear appropriate shoes and clothing.
- Slow down or stop if you feel pain, fatigue, or shortness of breath.

7

TO STICK WITH IT, TRY THESE IDEAS...

- Plan ahead and find activities that fit into your life.
- Set simple goals and reward yourself for reaching them.
- Try different types of activities so you don't get bored.
- Keep an activity diary.

## GO!



8

INSTEAD OF:

- Lying on the couch and watching T.V.
- Using the elevator
- Sitting around
- Playing computer games

TRY:

- Exercising while you watch T.V.
- Using the stairs
- Going for a walk
- Playing ball

9

IF YOU DON'T HAVE TIME, TRY THESE IDEAS...

- Park a little farther from your job.
- Bike to work or to the grocery store.
- Take the stairs whenever you can.
- Walk on your lunch hour or break.

10

TO MAKE PHYSICAL ACTIVITY MORE FUN...

- Do things with your family or friends
- Play with your kids or grandchildren
- Work in your garden
- Join a league sport
- Go dancing